

NADAP E-GRAM

Navy Alcohol and Drug Abuse Prevention

FEB 2012

Who Will Stand Your Watch?

NADAP has launched a new substance abuse prevention campaign designed to educate Sailors of the negative impact substance abuse can have on their family, shipmates, and career.

The campaign focuses on a Sailor's personal responsibility and the impact on the unit and their shipmates when a Sailor is removed from duty as a result of a substance abuse incident. The campaign uses various communication tactics that include print media and public services announcements.

The pamphlets include the substance abuse continuum, which is designed to help Sailors and commands identify and intervene before a substance abuse incident occurs. Every Sailor must be aware of the warning signs of abuse and intervene early to ensure shipmates don't abuse drugs or alcohol.

The campaign includes the following materials intended to target various communities:

- 4 Pamphlets
- 6 Posters
- 4 TV Public Service Announcements

The print media is available through Navy Logistics Library for order free of charge. To order, view the *Who Will Stand Your Watch* [order form](#) located on the NADAP website (www.npc.navy.mil/support/nadap) and make your selections. Next contact your Logistics Specialists or Supply Department to get the appropriate unit identification code (UIC) and help ordering products. Your command must have an NLL account to place the order. For more information visit the NADAP Website or contact Sara Geer at sara.geer.ctr@navy.mil.

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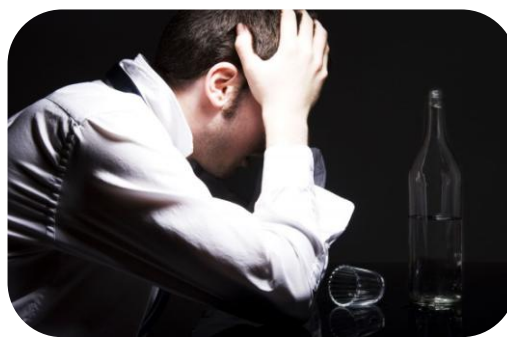
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Thinking About a Change?

Reduce Your Risk of Having Alcohol-Related Problems

Now that the New Year has begun, it is time to reflect on you and changes you want to make this year. The decision to change your drinking is up to you. Mixed feelings are normal. Don't wait to "hit bottom," as changing sooner rather than later is always better.



Small changes can make a big difference in reducing your chances of having alcohol-related problems. Whatever strategies you choose, give them a fair trial. If one approach doesn't work, try something else. But if you haven't made progress in cutting down after 2 to 3 months, consider quitting drinking altogether, seeking professional help, or both. Here are some strategies to try:

- **Keep track.** Keep track of how much you drink. Find a way that works for you, carry drinking tracker cards in your wallet, make check marks on a kitchen calendar, or enter notes in a mobile phone or notepad. Making note of each drink before you drink it may help you slow down when needed.
- **Count and measure.** Know the standard drink sizes so you can count your drinks accurately. Measure drinks at home. Away from home, it can be hard to keep track, especially with mixed drinks, and at times, you may be getting more alcohol than you think. With wine, you may need to ask the host or server not to "top off" a partially filled glass.
- **Set goals.** Decide how many days a week you want to drink and how many drinks you'll have on those days. It's a good idea to have some days when you don't drink. Drinkers with the lowest rates of alcohol use disorders stay within the low-risk limits.
- **Pace and space.** When you do drink, pace yourself. Sip slowly. Have no more than one standard drink with alcohol per hour. Have "drink spacers"—make every other drink a non-alcoholic one, such as water, soda, or juice.
- **Include food.** Don't drink on an empty stomach. Eat some food so the alcohol will be absorbed into your system more slowly.
- **Find alternatives.** If drinking has occupied a lot of your time, then fill free time by developing new, healthy activities, hobbies, and relationships, or renewing ones you've missed. If you have counted on alcohol to be more comfortable in social situations, manage moods, or cope with problems, then seek other, healthy ways to deal with those areas of your life.
- **Avoid "triggers."** What triggers your urge to drink? If certain people or places make you drink even when you don't want to, try to avoid them. If certain activities, times of day, or feelings trigger the urge, plan something else to do instead of drinking. If drinking at home is a problem, keep little or no alcohol there.
- **Plan to handle urges.** When you cannot avoid a trigger and an urge hits, consider these options: Remind yourself of your reasons for changing (it can help to carry them in writing or store them in an electronic message you can access easily). Or talk things through with someone you trust. Or get involved with a healthy, distracting activity, such as physical exercise or a hobby that doesn't involve drinking.
- **Know your "no."** You're likely to be offered a drink at times when you don't want one. Have a polite, convincing "no, thanks" ready. The faster you can say no to these offers, the less likely you are to give in. If you hesitate, it allows you time to think of excuses to go along. Also, see the short module to help you build drink refusal skills.

For more information visit <http://rethinkingdrinking.niaaa.nih.gov>

NADAP 2012 WEBINARS SCHEDULE

NADAP will hold webinars on a monthly basis. **All webinars begin at 1300-1400 (CST).** Visit the NADAP website for more information. If you have questions, please contact Sara Geer at sara.geer.ctr@navy.mil

How to join the meeting:

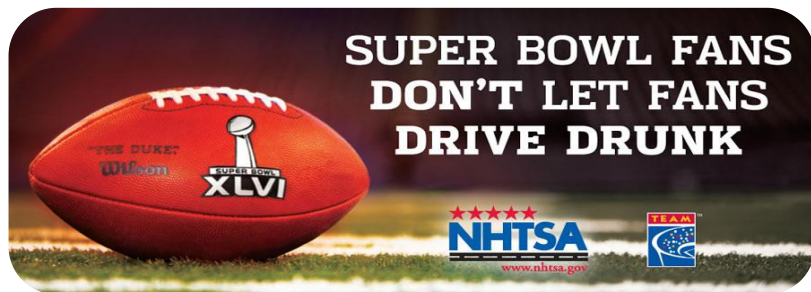
1. Register for a DCO account at <https://www.dco.dod.mil>

2. Click the link below to enter meeting.

<https://connect.dco.dod.mil/nadapwebinar/>

SCHEDULE & SUBJECT

9 FEB	UPC- Sample Packaging and transportation
23 FEB	DAPA Responsibilities
8 MAR	ADCO Responsibilities
24 MAY	101 Days of Summer Kickoff



Super Bowl Sunday is one of America's most popular and most entertaining national sporting events. It's also one of the most dangerous days on the nation's roadways, due in part to the thousands of fans who drive under the influence of alcohol each year.

If you are hosting a Super Bowl party:

- Remember, you can be held liable and prosecuted if someone you served ends up in an impaired driving crash.
- Make sure all of your guests designate their sober drivers in advance, or help arrange ride-sharing with other sober drivers.
- Serve lots of food—and include lots of non-alcoholic beverages at the party.
- Stop serving alcohol at the end of the third quarter of the game and begin serving coffee and dessert.
- Keep the numbers for local cab companies handy, and take the keys away from anyone who is thinking of driving while impaired.

If you are attending a Super Bowl party or watching at a sports bar or restaurant:

- Avoid drinking too much alcohol too fast. Pace yourself—eat enough food, take breaks and alternate with non-alcoholic drinks.
- Designate your sober driver before the party begins and give that person your car keys.
- If you don't have a designated driver, ask a sober friend for a ride home; call a cab, friend or family member to come get you; or stay where you are and sleep it off until you are sober.
- Use your command's Safe Ride Home program.
- Never let a friend leave your sight if you think they are about to drive while impaired. Remember, **Fans Don't Let Fans Drive Drunk.**
- Always buckle up—it's still your best defense against other impaired drivers.

Navy Surgeon General: “Taking Spice is Russian Roulette for your Health”

By Vice Adm. Matthew L. Nathan, U.S. Navy surgeon general and chief, Bureau of Medicine and Surgery

As many of you may have read in media reports nationwide last week, the Navy is aggressively pursuing steps in educating and preventing the use of synthetic drugs like “Spice,” a synthetic form of marijuana which is falsely advertised as “legal pot.” I want to make it clear though that Spice is not a problem solely for the military; it is a problem for everyone. The military represents a microcosm of a much larger population and in many ways strives to be a reflection of the society it serves, so we share many of the same health and safety issues as the general population. We have chosen to focus our communication and legal efforts on this specific issue for two simple reasons—these drugs endanger the health and wellbeing of our people and they affect military readiness.

The chemicals found in these drugs are not regulated by the FDA and no two batches are alike as manufacturers continually change the compound makeup in order to allude drug testing. Most packaging clearly reads, “Not for human consumption,” and that is for good reason. Military and civilian health professionals continue to learn more about the negative health effects of Spice use and the data is alarming. The compounds used to make Spice can be up to 200 times more potent than the THC in traditional marijuana. These extremely potent chemicals bind themselves more permanently to a person’s receptors. As such, Spice has been reported to cause elevated blood pressure, tremor, seizures, vomiting, abdominal pain and more. Several episodes of heart damage have been reported with Spice use, as well as several reports of persistent psychotic symptoms, hallucinations and paranoid behavior lasting several days. There have also been civilian deaths and reported suicides associated with the use of Spice. I cannot over-emphasize my concern on this matter from a health perspective as my medical providers have witnessed and treated many of these reported symptoms at military treatment facilities.

In addition to the health concerns, there are readiness issues involved and use of these products by our people will not be tolerated as personnel using them impact not only themselves but their shipmates. These drugs are currently included under the Navy’s zero tolerance policy for drug abuse. **Use of these substances by military personnel is prohibited and punishable under the UCMJ and commanding officers do not need a positive urinalysis to begin adverse administrative action.**

Sadly, in recent months we have been forced to separate numerous Sailors and Marines due to Spice use and our hope is to end this spike as soon as possible. These drugs are hazardous and we learn more about their damaging effects each day.

Taking Spice is comparable to playing Russian roulette with your both your mental and physical health, as well as your career. If you wouldn’t play it with a gun, why would you play it with a drug? I urge all of our Sailors and Marines to aggressively monitor both themselves and their friends. It is not good enough to simply police our own actions with regards to Spice and other designer drugs. Every Sailor and Marine must look out for their fellow service members to prevent injury to their health and their careers.

Spice represents a real and present danger to our service members. Navy Medicine is committed to resolving this growing concern by delivering sustained, coordinated, aligned and targeted messages to leadership and to the deck plates and I encourage all of our leaders to do the same. For this effort, we have developed a video public service announcement as well as high resolution posters, to be used throughout the Fleet for awareness and training, both available for download at <http://www.med.navy.mil/Pages/Spice.aspx>.

Visit the NADAP website for more information regarding Spice at http://www.public.navy.mil/bupers-npc/support/nadap/Education_Training/Pages/Spice.aspx



JACK3D™ Removed from all Military Exchanges and Commissaries

In December 2011, dietary supplements containing DMAA such as JACK3D™ and Oxy-Elite Pro™ were removed from the shelves of all military exchanges and commissaries due to health and safety concerns. Concessionaires (e.g. GNC Store) were also instructed to remove these products.

DoD's decision and actions are a precaution that will help protect the health of our

Service members and their family members until we can make a further determination about the safety of these products which have been offered for sale on our installations. These products were highlighted in the [July E-Gram](#). It is recommended that the use of any supplements be discussed with your doctor.

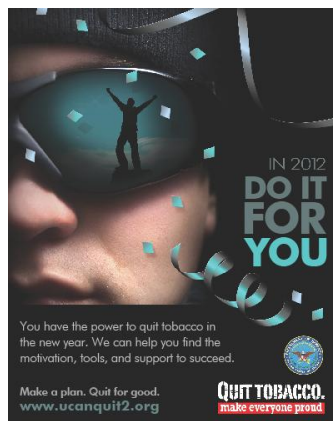


You Have the Power to Quit Tobacco in 2012

Once the holidays have come and gone, it's time to reflect on you and where you want to be in the coming year. If you've tried to quit tobacco before or have been contemplating quitting for a while, now is the time to do it ... not for your mother, not for your spouse, not for your significant other. This is the time to do it for YOU.

Everyone has the power to quit tobacco. But, it takes motivation from within and a solid plan with proven strategies to succeed. You can discover how to put together a quit plan and get the support to stay smoke free at www.ucanquit2.org.

Motivation is a powerful engine that can ignite your drive to succeed. It comes from your desire to achieve a goal and the belief that you are capable of doing it. The greater your desire and belief, the more motivated you become.



Once you have unleashed your power of motivation and set a plan into action, here are some tips to help you stay motivated.

- Prepare Yourself
- Get Support
- Stay Preoccupied
- Be Connected
- Reward Yourself

FY12 STATISTICS

DAARS & DUIs

OCT	253	69
NOV	174	32
DEC	144	49
JAN	40	10

MEM POS & TOTAL TESTED

OCT	133	94,093
NOV	161	83,686
DEC	150	73,969
JAN	71	39,932

LET US KNOW

What would you like to see in the E-Gram?

Have ideas, suggestions, or news for the E-gram? Please email suggestions to sara.geer.ctr@navy.mil

